

Mixed Grain Bread

Makes: 20 servings

Ingredients

- 1/4 cup** cornmeal (yellow)
- 1/4 cup** brown sugar (packed)
- 1 teaspoon** salt
- 2 tablespoons** vegetable oil
- 1 cup** water (boiling)
- 1 package** dry yeast (active)
- 1/4 cup** water (warm 105 - 115 degrees)
- 1/3 cup** whole wheat flour
- 1/4 cup** rye flour
- 2 3/4 cups** flour (all purpose)

Directions

1. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 - 115 degrees).
2. Dissolve yeast in 1/4 cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all purpose flour to make dough stiff enough to knead.
3. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes.
4. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

1 hour.

5. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour.

6. Preheat oven to 375 degrees. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Yeast Breads